

FY2011 Appropriations Request Form

Office of Congresswoman Jackie Speier
211 Cannon House Office Building
Washington, D.C. 20515
Phone: 202/225-3531
Fax: 202/226-4183
Website: www.speier.house.gov

Individuals/Organizations must respond to all questions on the form. Incomplete proposals will not be considered.

All appropriations project requests will be presented to and evaluated by the 12th Congressional District's Citizens Oversight Panel, made up of community leaders. **This year's panel meetings will be held on February 26, March 5 and March 12, 2010 in the 12th Congressional District.** Appointments to appear before the panel must be made through Cookab Hashemi, Chief of Staff, at 202/225-3531 or via email, Cookab.Hashemi@mail.house.gov.

IMPORTANT NOTE: All information provided on this form and any supporting documents will be made available to the public on the Congresswoman's website.

DEADLINE: Forms are due by Friday, February 12, 2010

@ 6:00 p.m. (P.S.T.)/9:00 p.m. (E.S.T.). Project requests submitted after that date will not be considered.

Date Submitted: 2/12/10

Project Name: CORA's County-Wide Domestic Violence Prevention and Education Campaign

Individual/Organization: CORA (Community Overcoming Relationship Abuse) in San Mateo County, California, located in the 12th Congressional District.

Amount Requested: \$200,000

Appropriations Bill/Account/Relevant Authorization law/bill/status
Health and Human Services Sub-Committee: Administration for Children and Families
- Promoting Safe and Stable Families

Local Contact

Joy Dickinson, Grants Manager

Phone: 650.652.0800 x114

Email: joyd@corasupport.org

Mailing address: PO Box 5090; San Mateo, CA 94402

Organization's Main Activities.

CORA, in operation for over 30 years, provides services to over 7,000 victims of domestic violence in San Mateo County, California each year. CORA's culturally competent and comprehensive services include:

- **24-hr Crisis Hotline** in Spanish and English **1(800) 300-1080**. Trained counselors provide callers with crisis counseling, safety planning, emergency shelter, and community referral.
- **Emergency Response Program:** CORA's partnership with law enforcement. At the scene of all 911 domestic violence calls in the county, the responding officer pages a bi-lingual Crisis Counselor who talks to the parties involved. We also provide follow-up phone calls for each victim after the incident.
- **Shelter and Transitional Housing:** CORA operates the only domestic violence shelter and transitional housing program in the county. We have 22 shelter beds with up to an 8 week stay and 34 transitional housing beds with up to a 2-year stay for individuals and families impacted by domestic violence.
- **Counseling Services** in Spanish and English. We offer short-term individual therapy (four to six months) and support groups to help victims begin to heal and build a violence-free life.
- **Legal Services in English and Spanish:** Our legal team provides help with restraining orders, court accompaniment, advocacy, representation, and referral where appropriate. CORA's legal team also operates the **Legal Hotline at (650) 259-1855** which provides legal advice and referrals on restraining orders, child custody, divorce, and immigration.
- **Community Education:** Trained educators provide workshops on preventing and identifying domestic violence and abuse to groups all over the county.

Please show main items in the project and total cost in a simplified chart form.

Revenue	
Federal FY 2011 Appropriations	\$200,000
Expenses	
Public Relations Consulting Firm:	\$50,000
1. Conduct media assessment (including pre and post surveys, target population analysis, focus groups, media analysis)	
2. Develop media message and design for appropriate modalities (e.g. newspaper, radio ads, web ads, bus ads, billboards, brochures, mailers)	
3. Implement media plan	
4. Conduct DVAM events	

5. Evaluate media campaign (post surveys, focus groups)	
Outreach Materials Printing Costs (e.g. posters, brochures, mailers, billboards)	\$25,000
Development of radio and/or TV ads	\$40,000
Advertising costs (e.g. newspaper ads, radio ads, web ads, bus ads, billboards, TV ads, mailers)	\$50,000
Domestic Violence Awareness Month event costs (food, room space, equipment rental, speaker fees, decorations)	\$35,000
Total Expenses	\$200,000

Project Description, including a timeline, goals, expected outcomes and specific uses of Federal Funds.

While domestic violence occurs between intimate partners, it is far from a personal issue. Domestic violence is a pervasive problem that impacts all social, economic, and cultural groups, and has profound consequences in the lives of victims. In fact, 25% of women and nearly 10% of men experience domestic violence at sometime in their lives (Centers for Disease Control, 2005). More locally, there were 2,558 calls for domestic violence assistance to law enforcement agencies in San Mateo County in 2007. However, this is only a small portion of the domestic violence in the county as only 26% of victims report incidents to the police (US Dept. of Justice, 2005).

Domestic violence is also a serious health problem. Abuse has been linked to problem pregnancies, substance abuse, miscarriages, fetal distress, premature labor, stillbirths, and infant deaths. Even with these terrible consequences, victims of domestic violence continue to stay in abusive relationships out of economic necessity, shame, lack of knowledge about their legal rights, fear of losing their children, and lack of information about how to find help.

In order to respond to these and other troubling statistics, CORA respectfully requests funds in support of a County-Wide Domestic Violence Prevention and Education Campaign. This campaign will raise awareness and understanding of domestic violence in San Mateo County through a wide variety of media outlets with messaging tailored to San Mateo County. If funded, CORA will hire a public relations firm to:

1. **Conduct media assessment:** Do San Mateo County residents know what domestic violence is? Do they know how to identify it? Do they know who they can reach out to if they are being abused by an intimate partner? Do they know how to help a friend or family member who is being abused?
2. **Develop media message** tailored for San Mateo County residents from media assessment results.
3. **Design and print media materials** for appropriate modalities (e.g. newspaper, radio ads, web ads, bus ads, TV ads, billboards, brochures, mailers)
4. **Implement media campaign**
5. **Conduct Domestic Violence Awareness Month events:** The media campaign will culminate in county-wide activities for Domestic Violence Awareness Month.
6. **Evaluate media campaign:** Is there an increase in domestic violence knowledge among San Mateo County residents?

GOAL: The project will increase understanding of domestic violence as measured by increased access to community resources (e.g. number of calls to CORA's 24-Hour Crisis Hotline) and the results of pre/post surveys of community members about their knowledge of domestic violence.

Timeline: This project will begin on upon appropriation of the funds (expected October 2011) and last for eighteen months.

Use of Funds: Funds appropriated to this project will be used to:

1. Hire a public relations firm, with experience in serving the non-profit sector, to conduct a media assessment and develop a plan.
2. Pay for the design and printing cost of outreach materials, ads, posters, brochures, etc.
3. Purchase advertising space on billboards, bus ads, newspapers, radio ads, etc.
4. Pay for Domestic Violence Awareness Month Event costs.

How will this project request serve to expand the capacity of your organization and how will your organization sustain this work beyond the federal funding?

It is no secret the non-profit social service agencies budgets are leaner than ever. With lean budgets, the amount of resources available to prevention education and awareness campaigns decreases dramatically. Even in better economic times, non-profits rarely have the resources to have a quality outreach campaign that touches every resident of the county. These funds will support a county-wide domestic violence prevention and education campaign, reaching 700,000 San Mateo County residents. The impact will be measured by an:

1. Increase in numbers served by community agencies (e.g. increased number of calls to CORA's 24-Hour Crisis Hotline). This will be measured before and after media campaign.
2. Increase community knowledge and understanding of domestic violence. This will be measured by pre-post tests administered by consulting firm.
3. Increase community knowledge of community resources. This will be measured by pre-post tests administered by consulting firm.

Can this proposal be funded via fees levied on users of the service or via the ordinary capital budgeting process of the organization?

CORA serves low-to-no income victims of domestic violence and their children. All of our services are offered free of charge. Charging fees to victims would be a significant barrier to them receiving services.

What is the local significance of this project?

Although there is not always a causal relationship between stress and violence, financial stress may fuel an increase in violence in turbulent relationships or ignite violence in others for the first time. Nationally, violence is on the rise and calls to domestic violence agencies are up. When compared to before the recession, CORA has seen an average of a 20% increase in demand for all of our services and it has not relented. The time to educate San Mateo County about domestic

violence is now. We need to increase community awareness and understanding of domestic violence, teach residents how to identify it, and where to find help. It takes a community to end domestic violence.

How many residents of the 12th CD will benefit from this project?

Potentially all 700,000 residents will benefit from this campaign through increased awareness and understanding of domestic violence.

Please explain the federal interest in this proposal (i.e. meets a stated objective of federal policy, supports a federal agency, is the result of a federal law/mandate, etc.)

CORA's proposed Domestic Violence Prevention and Education Campaign is aligned with VAWA (Violence Against Women Act) and Family Violence Services and Prevention Act (FVSPA).

List any other organizations or state/local elected officials who have expressed support for the project in writing.

Does the organization have any other funding requests for this project?

No

Has the organization previously received Federal funds for this project?

No

Has the individual and/or organization submitted the project request to other Member offices? If so, please identify below the names of the Members of Congress and staff persons.

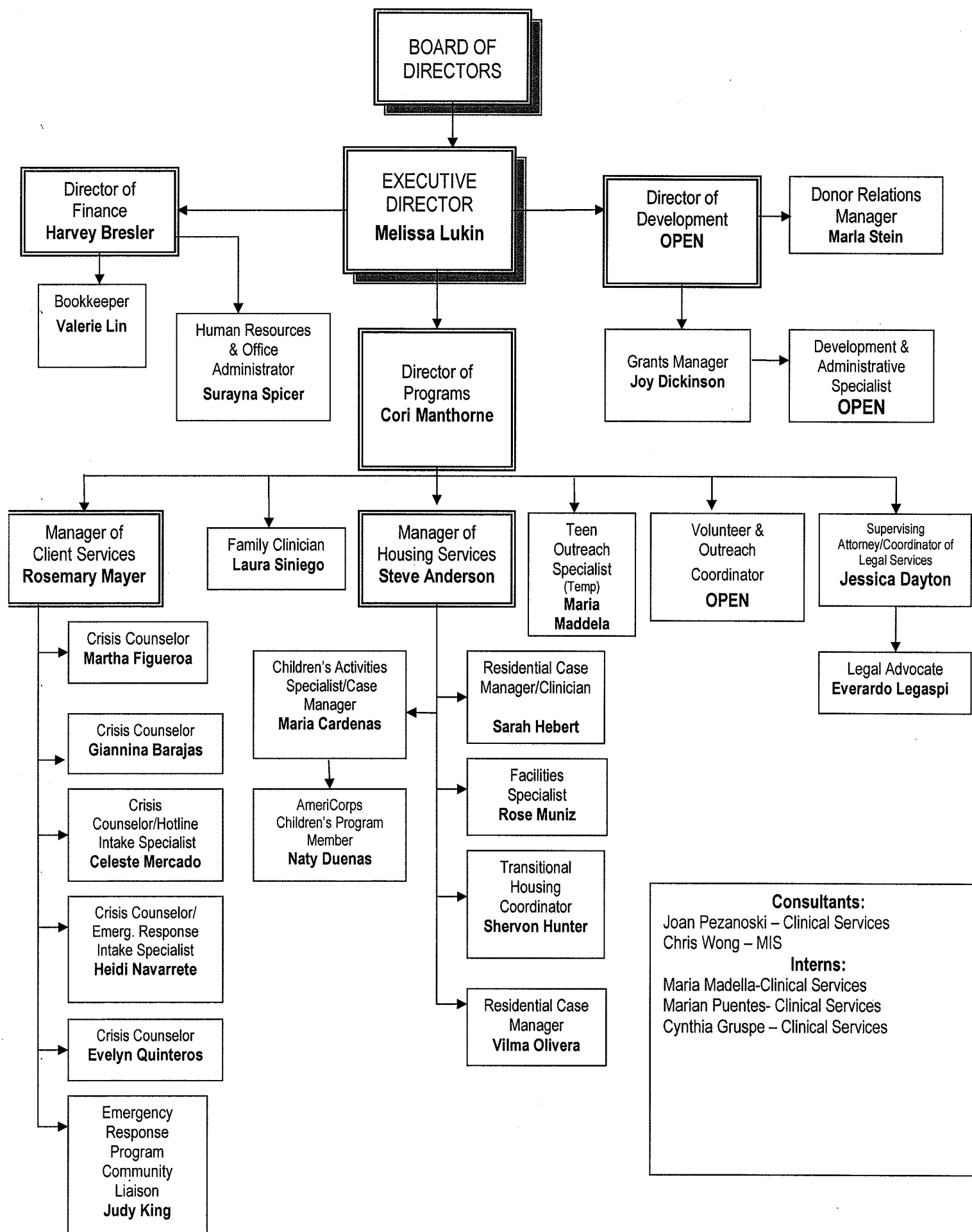
No

Please attach a list of your organization's staff and board members from 2005 – 2010. (if any).

Please see attached newsletters which contain staff and board lists from 2005-2009. A current organizational chart is also provided for our 2010 staff list as well as a current 2010 board roster.

Please attach any additional relevant materials.

We have included CORA's standard outreach brochure.





CORA-SPONDENCE CORA-SPONDENCIA



Fall 2005

Staff

Melissa Lukin, *Executive Director*
Dr. Jel Africa, *Clinical/Client Services Director*
Eleni Aho, *Interim Director of Emergency Response Program*
Juan Alvarado, *Office Administrator*
Debbie Appel, Esq., *Legal Program Director*
Giannina Barajas, *ERP Bilingual Counselor/Advocate*
Harvey Bresler, *Finance Director*
Kate F. Busby, *Bilingual Shelter Children's Advocate*
Karen Clark, *Receptionist/Data Entry Specialist*
Lisa de Geneste, *Director of Programs*
Patty Del Castillo, *ERP Bilingual Counselor/Advocate*
Martha Figueroa, *ERP Bilingual Counselor/Advocate*
Sue Friedenbach, *Hotline Volunteer*
Dolores Galindo, *Client Support Specialist*
Marlene Grant, *Shelter Counselor/Advocate*
Natasha Guest, *Director Development*
Olivia Horgan, Esq., *Staff Attorney*
Shervon Hunter, *Transitional Housing Case Manager*
Valerie Lin, *Bookkeeper*
Carolyn N. Moore, *Client Support Specialist*
Brandi Painter, *Director of Housing*
Klealy Pineda-Mena, *Bilingual Shelter Counselor/Advocate*
Tagi F. Qolouvaki, *Director of Community Education*
Cherie M. Querol Moreno, *Community Outreach Coordinator*
Evelyn Quinteros, *Client Support Specialist*
Rhina Ramos, Esq., M.Div., *Latino Outreach Coordinator*
Shauna Reiff, M.F.T.I., *Clinical Intern / ERP Counselor / Advocate*
Rich Russo, *Teen Outreach Counselor*
Carlos Salinas, Esq., *Staff Attorney*
Jorge Sanchez, *Hotline Staff*
Mirtha Soto, *Hotline Staff*
Janet R. Sussman, *Development Associate*
Christinia Villareal, *ERP Crisis Intervention Counselor*
Lourdes Zavala, *Hotline Volunteer*

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CORA's Legal Eagles

By Debbie Appel

Sophie and John started dating in high school and dated for about three years, until Sophie realized that the relationship was unhealthy, and found the strength to end it. John had been physically abusive throughout the relationship. Once, he backhanded Sophie across the face; another time he whipped her arm with a metal key chain. He tried to run her over with his car, and once dug his fingernails into Sophie's hand so hard that it bled. John was also very controlling, constantly paging Sophie.

After they broke up, John continued to harass Sophie, calling her at all hours of the day and night, showing up at her work, posting crude and insulting statements on his personal website. Sophie was referred to what was then the Center for Domestic Violence

Prevention, and met with a staff attorney who helped her prepare and file a request for a domestic violence restraining order. John hired an attorney, and over the next eight months, the case was continued several times, because both John and Sophie were away at college. Even though John was in Southern California, and Sophie was in Northern California, John still kept up his campaign against Sophie, sending anonymous threatening e-mails, and tracking who she was dating.

Finally, the case was scheduled for trial in Superior Court. A CORA attorney spent

Continues next page.

Las Aguilas Legales de CORA

Escrito por Debbie Appel

Sophie y John comenzaron su noviazgo durante la secundaria. Fueron novios por alrededor de tres años, hasta que Sophie se dio cuenta que su relación con John no era saludable, y entonces encontró el valor y la fuerza para terminar con él. Durante su relación, John fué físicamente abusivo. En una de las veces que John le maltrato, él le abofeteo con el reverso de su mano y en otra ocasión le latigo con una cadena de hierro. John trato de atropellarla con su coche y una vez hundió sus uñas con tanta fuerza en la mano de ella que le hizo sangrar. John también era

bastante controlador durante la relación, llamaba a Sophie por teléfono constantemente, insistiendo que él fuese su prioridad número uno.

Después que rompieron, John siguió acosando a Sophie, llamandola a todas horas del día y de la noche, presentandose sin avisar en su traba-

jo, publicando declaraciones explícitas y degradantes acerca de ella en su página personal de internet. Sophie fué referida a lo que antes era el Centro de Prevención de la Violencia Doméstica (CDVP por sus siglas en Inglés), y se reunió con un abogado de CDVP que le ayudo a preparar una orden de restricción contra John y llevarlo ante la corte. John contrato un abogado, y por los próximos ocho meses, el caso continuó despacio porque John y Sophie se encontraban en sus respectivas universidades lejos de casa. A pesar de que John estaba estudiando en el Sur de California, y Sophie se encontraba en el

Continua en p. 2



CORA's Legal Eagles:
Olivia Horgan, Carlos Salinas, Debbie Appel

CORA's mission is to end domestic violence and abuse in San Mateo County through intervention and prevention. We provide comprehensive services to end the inter-generational cycle of domestic abuse.

(CORA's Legal Eagles Cont.)

many hours preparing, working with witnesses who had seen and heard John's abusive behavior, and witnessed its destructive effect on Sophie. On the day of trial, after more than two hours of negotiation with John's attorney, our attorney succeeded in getting John to agree to the restraining order without going through the trial. Sophie and her family were greatly relieved that they would not have to testify, and that Sophie would get protection from John.

Every day, CORA attorneys help clients like Sophie, who otherwise have very limited resources to challenge their abusive partners through legal action. The court process is complex and intimidating. Most of CORA's legal clients have children, and batterers often use the children as a way to try to control their partners.

CORA's assistance with Sophie's restraining order was a critical first step in helping her create some safety for herself, but a restraining order addresses only one aspect of the many challenges our clients typically face.

Even with a restraining order in place, victims of domestic violence often have to testify against their abuser in criminal court; enforce child custody, visitation, and support orders; deal with law enforcement to ensure that the restraining order is enforced; deal with immigration issues; and navigate the various agencies involved in receiving public assistance. For clients not proficient in English, the challenge is many times greater.

CORA is very fortunate to have three attorneys who provide comprehensive and bilingual services in all these areas. The goal of the Legal Department is to ensure that victims of domestic violence gain meaningful access to the legal system. CORA attorneys provide representation, support, and advice in restraining order and related family law actions. They also staff a confidential legal information telephone line, which provides legal advice, information, and referrals in Spanish and English to more than 1,300 clients per year. All of our attorneys have many years of experience in the field of domestic violence law.

If you, or someone you know, needs legal assistance related to domestic abuse, please call our Legal Information Line at (650) 259-1855.

You "Auto" Donate!

Donate your car and help abused families get on the road to a safer future!



Call Janet at (650) 652-0800 x113 for more information.

Shelter Wish List

- Bath Towels
- New or gently used Comforters
- Toilet Paper
- Paper Towels
- Diapers – Sizes 3 and 4
- Diaper Wipes
- Safeway Gift Cards
- Gasoline Gift Cards
- School Supplies

(Las Aguilas Legales de CORA Cont.)

Norte de California, John continuó con su campaña de abuso, él le mandaba anónimos amenazantes vía correo electrónico, y trataba de averiguar a través de otras personas si ella estaba saliendo con alguien.

Por fin, el caso de Sophie llegó a la Corte Superior. Los abogados de CORA pasaron largas horas preparando éste caso. El equipo legal se reunió con los testigos que habían visto y oído el comportamiento abusivo de John, y que habían presenciado el efecto destructivo que dichas acciones habían tenido sobre Sophie. El día que había que presentarse ante el juez, después de pasar dos horas negociando y discutiendo con el abogado de John, el abogado de CORA logró que John aceptara la orden de restricción sin tener que ir a juicio. Esto fue un verdadero alivio para Sophie y su familia porque ya no tendrían que testificar en un largo juicio legal, y también porque Sophie obtendría una orden de protección judicial que prohibía explícitamente el acoso por parte de John.

A diario, el equipo legal de CORA apoyan a clientes como Sophie, personas que tendrían recursos muy limitados para enfrentar a parejas abusivas a través de una acción legal. El proceso judicial es complicado, intimidante y difícil de navegar sin experiencia en el campo legal. La mayoría de los y las clientes de CORA tienen niños y niñas pequeños, y muchas veces los abusadores usan a los hijos e hijas como una arma más para controlar a sus parejas.

La asistencia que CORA le dio a Sophie en su proceso legal para su orden de restricción fue un primer paso crucial para que ella pudiese crear un espacio de seguridad para sí, pero una orden de restricción combate un solo aspecto de los muchos desafíos que enfrentan nuestros clientes.

Aún cuando una orden de restricción entra en efecto, las víctimas de violencia doméstica enfrentan otras dificultades, por ejemplo: tener que testificar contra el abusador en una corte criminal, hacer valer las ordenes judiciales referentes a la custodia y visitas de los hijos e hijas y hacer valer el mandato judicial referente a la manutención de éstos, tener que lidiar con las autoridades para que la orden de restricción sea respetada, enfrentar problemas migratorios; y navegar el sistema de las diferentes agencias que proveen asistencia pública. Para clientes que no saben Inglés, el desafío es mucho mayor. CORA tiene la gran fortuna de contar con tres abogados y abogadas bilingües que proporcionan servicios de una manera integral en las diferentes áreas que fueron listadas previamente. La meta de nuestro Departamento Legal es garantizar que las víctimas de abuso doméstico tengan acceso real y concreto al sistema legal. Los abogados y abogadas de CORA proporcionan: representación legal en corte, apoyo y asistencia para ordenes restricción y procesos legales relacionados con ley familiar. Nuestro Departamento Legal también cuenta con una línea confidencial de apoyo para consultas legales, información y referencias a otros servicios que puedan ser necesarios. Nuestra línea de apoyo legal se atiende en Inglés y Español y da asistencia a más de 1,300 personas cada año. Nuestros abogados y abogadas cuentan con muchos años de experiencia en el campo de la ley relacionada con la violencia doméstica.

Si usted o alguien a que usted conoce necesita nuestra asistencia legal con un caso de abuso doméstico, por favor llame a nuestra Línea de Información Legal al (650) 259-1855.

What will YOU be remembered for?

Just include CORA in your Will with a simple statement such as: "I give, devise and bequeath to CORA, a non-profit organization, Tax ID Number 94-2481188, ___% of my estate." With one simple sentence you can leave a life-saving legacy! Call Janet at (650) 652-0800, x113 for more information.

Welcome New CORA-Citizens

Our First Director of Programs!

Originally from Trinidad and Tobago and most recently from New York City, Lisa de Geneste, LCSW brings with her 15 years of experience as a social worker. She has worked in a variety of disciplines including domestic violence, HIV/AIDS, perinatal, and victims of crime. While in NYC, she also ran a private psychotherapy practice. Lisa directly oversees all of CORA's direct service departments including legal services, housing, community outreach and education, client services, the Emergency Response Program and our Volunteer Program.

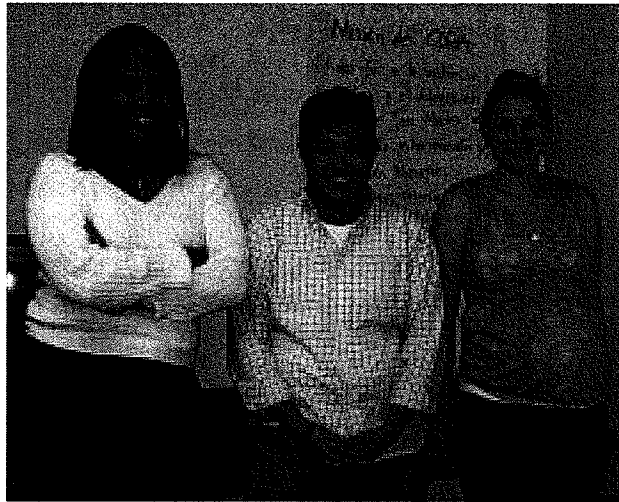
A new Clinical Director and Director of Client Services!

Dr. Jei Africa was already familiar with and active in CORA's outreach to the Filipino community as a volunteer member of our Filipino American Task Force. Now, as our Clinical/ Client Services Director, Jei oversees all our counseling services, including support groups, children's groups and our 24-hour hotline. Jei is a licensed clinical psychologist and a certified substance abuse

specialist. She also has years of experience as a clinician, educator, trainer and consultant in the field of cultural competence. As one of her initial projects, Jei plans to start a clinical internship program at CORA and plans to lend her expertise in the area of cultural competence to ensure that all our services reflect sensitivity to the particular needs of all those who call on us.

And a new Director of Development!

Congratulations to Natasha Guest, currently Director of Grants Management, who has recently accepted the position of Director of Development for the agency. As the Director of Grants Management since 2003, Natasha has done an outstanding job of managing all the agency's grant applications and reports from over a dozen different funding sources. She brings to her new position 10 years of nonprofit experience and over 15 years of community involvement through her volunteer work. Natasha will be taking a short leave to welcome her first child and, upon her return, will be expertly overseeing all fundraising efforts for us.



Lisa de Geneste, Jei Africa, Natasha Guest



*A Mother's Day
with
Heart*

FIRST CORA FUNDRAISING BREAKFAST RAISES \$42,280!!

Our sincere gratitude goes to our First Annual *Mother's Day with Heart* sponsors without whom our event would not have been such a great success!

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All-A-Board!

In June of 2005, CORA's Board of Directors voted in the following five new members:

Arron Jiron
Elizabeth Hill, Esq.
Marybeth Tahar
Kim Wininger
Naomi R. Yunker

These outstanding men and women come from a variety of professional backgrounds, including law, health, and nonprofit and private industry. As is true of all of our sixteen dedicated board members, they share a commitment to helping those who suffer from abuse.

We'd also like to acknowledge those Directors who have been re-elected and are now serving consecutive terms:

Kim Milligan, Esq., Board Chair
JoAnna Caywood, Board Vice Chair
Rumana Jabeen
Tom P. Marriscolo
Gary Mogil, Esq.
Dr. Jennifer Normoyle

Daniel C. Rave, Board Treasurer
Alejandro Vilchez, Board Secretary
Carol Ramsay
Monica Rands Preuss, Esq.
Deborah Lee Torres

And finally, we extend a heartfelt thank you to the outgoing Directors for their commitment and leadership:

Susan Ferren (A special "thank you" to Sue, who worked tirelessly as Board Chair since
Jim Granucci prior to the merger and helped us lay a firm foundation as a "new" agency)
Jerry Nastari, Esq.
Robin K. Pang-Maganaris

Thank you CORA Board members past, present, and future. Because of you the residents of San Mateo County continue to receive exceptional domestic violence prevention and intervention services!



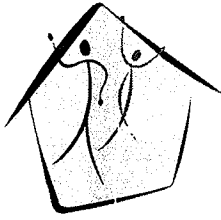
Community Overcoming Relationship Abuse

(Formerly the Center for Domestic
Violence Prevention and Sor Juana Inés)
P.O. Box 5090
San Mateo, CA 94402
Business Line: (650) 652-0800
24-Hr Hotline: 1-800-300-1080
or (650) 312-8515

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• Todos Merecen Respeto.
• Ang Lahat Ng Tao Ay Dapat
Bigyan Ng Respeto.



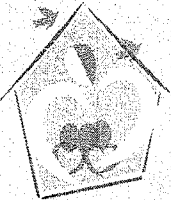
Community Overcoming Relationship Abuse

CORA spondence spondencia

Volume I, No. 1. Spring, 2006

ANNUAL REPORT EDITION

save
the
date



*A Mother's Day
With Heart*

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CORA's Filipino American Task Force Makes History

By Cherie M. Querol Moreno

If CORA is now a household name among Filipino Americans, it's thanks to twelve dedicated volunteers who call themselves the FilAm Advisory Board/Task Force.

Since January 2002, eleven women and one man, who live or work in San Mateo County, have widened CORA's outreach to the county's most populous Asian group. They reflect the diversity of the FilAm community and are united in believing they can help end domestic violence. With their help, CORA made history twice last year.

On October 5, 2005 the FilAm Task Force staged the first-ever public pledge to end domestic violence in Filipino America. Then on March 21st of this year, the group led a domestic violence awareness and sensitivity training workshop for the entire staff of the Philippine consulate in San Francisco, a first for any Philippine diplomatic office.

In February 2006, a Task Force member co-directed and two others performed along with all three of CORA's FilAm staff in the Filipina Women's Network's presentations of Eve Ensler's *The Vagina Monologues*, putting the agency in the forefront of Filipinas Against Violence Day.

"I'm proud to be a founding member of the Task Force," declared Bettina Santos Yap, who does presentations and designs handouts for the FilAm



Some CORA FilAm Task Force members: Rachel Puno Juliana, Bettina Santos Yap, Kristine Zafrani Averilla, Cherie Querol Moreno, Alice Bulos, Erlinda Galeon, Yumi Querubin and Teresa Ferrer Guingona.

El Comité de Acción Filipino Americano de CORA hizo historia

Escrito por Cherie M. Querol Moreno

Si en la actualidad CORA es un nombre conocido entre la comunidad Filipino Americana se debe a 12 dedicadas voluntarias que forman el Comité de Acción Filipino Americano de CORA.

Desde el mes de enero 2002 estas once mujeres y un hombre, que residen en el Condado San Mateo, han

ampliado el alcance de CORA hacia el grupo asiático más numeroso de esta región. Este equipo refleja la diversidad de la comunidad Filipino Americana y están unidas en la esperanza de que ellas pueden ayudar a terminar con la violencia doméstica. Es con su ayuda que CORA ha hecho historia en dos ocasiones en el pasado año.

El día 5 de Octubre del 2005, el Comité de Acción Filipino-Americano organizó el primer evento para hacer un juramento público de terminar con la violencia doméstica en la Comunidad Filipina

residiendo en EEUU. Luego el 21 de marzo de este mismo año, dicho Comité llevó a cabo por primera vez en el Consulado de Las Filipinas en San Francisco, un entrenamiento de prevención y sensibilidad sobre la violencia doméstica para todo el personal. Este fue el primer taller de este tipo realizado en una oficina Diplomática de las Filipinas.

En Febrero 2006, una miembro del Comité de Acción fue la Codirectora de la obra teatral "Los Monólogos de la Vagina" escrita por Eve Ensler y presentada por la Red de Mujeres Filipinas. Otras dos miembros de este Comité actuaron en dicha presentación al igual que tres Filipina Americanas del personal de CORA. A través de dicho evento CORA se encuentra al



CORA
Community Overcoming
Relationship Abuse

CORA'S MISSION to to end domestic violence and abuse in San Mateo County through intervention and prevention. We provide comprehensive services to end the inter-generational cycle of domestic abuse.



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CORA's Filipino American Task Force Makes History

(continued from page 1)

Outreach. "We have definitely accelerated the drive to promote healthy relationships in our community, which now knows about the vital resource that is CORA."

The group meets regularly every three months to boost the FilAm Outreach, exploring opportunities to increase CORA's visibility, providing contacts and planning for future workshops, building coalitions, and supporting and celebrating each other. They get together as needed in response to agency and community initiatives and concerns.

"My work on the Task Force is a highlight of my public service," said community icon Alice Bulos, Task Force honorary chair. "A healthy community begins with healthy homes, which begin with healthy intimate partnerships."

Task Force members hold two-year terms renewable indefinitely. Each brings a unique contribution. Pre-Natal to Three Health educator, Kristine Zafrani Averilla, co-presents on the dynamics of abuse. Businesswoman, Lina Susbilla, donates flowers and displays CORA posters and brochures at FilAm events. Public interest lawyer, Jojo Liangco, offers pro-bono consultation to CORA clients. ABS-CBN International communications manager, Ne-rissa Fernandez, connects the agency to the FilAm media. Berkeley Police Department safety officer, Yumi Querubin, writes press releases.

As a trustee with the Jefferson Union High School District, corporate lawyer Rachel Puno Juliana is the link to San Mateo schools. Baker and Mackenzie paralegal, Nellie Hizon, is liaison to the Archdiocese of San Francisco's Office of Ethnic Affairs. While pursuing a doctorate in psychology, Teresa Ferrer Guingona was recently sworn in as a member of the San Mateo Commission on Parks and Recreation. Dr. Jei Africa, now CORA's clinical director, is the resident cultural competency adviser.

Partnerships with allies in the media and other sectors complement the work of the Task Force. Every week, Pinoy Today runs CORA's ads free of charge as a donation to the agency. Every month, Manila Bulletin publishes Unbound, a column for women's empowerment, with CORA's support lines emblazoned in the boiler plate. Organizations like the Philippine Association of University Women and UST Thomasians contribute to events as well. The Philippine consulate hangs CORA posters in high-traffic areas, displays flyers and brochures, and refers clients.

CORA "has definitely given us inspiration and encouragement to pursue our role in promoting the welfare of Filipinos." Consul General Rowena Mendoza Sanchez praised the Task Force. "We have benefited from the knowledge that you generously share with us."



El Comité de Acción Filipino Americano de CORA hizo historia (continuado de la página 1)

frente de las Mujeres Filipinas que están combatiendo la violencia doméstica.

"Me llena de mucho orgullo ser una de las miembros fundadoras del Comité de Acción" declaró Bettina Santos Yap, quien realiza presentaciones comunitarias para Filipina Americanas y ha diseñado nuestros materiales educativos. "Nosotros hemos definitivamente acelerado el impulso para promover relaciones saludables en nuestra comunidad. Nuestra comunidad conoce ahora que CORA es un recurso vital."

El Comité se reúne periódicamente cada tres meses para trabajar en: multiplicar nuestro alcance a la Comunidad Filipino Americana, explorar maneras de seguir ampliando la visibilidad de CORA en la comunidad, planificar talleres, eventos y también para darnos apoyo mutuo y celebrar quien somos. El Comité se da cita cada vez que es necesario responder a una iniciativa de la agencia y la comunidad.

"Mi trabajo en el Comité de Acción es una de las tareas que sobresalen en el servicio que doy a la comunidad" expresa Alice Bulos, quien es un símbolo en la comunidad y que funge como presidenta honoraria del Comité. "Una comunidad saludable comienza con hogares saludables y éstos comienzan con una unión basada en relaciones sanas"

Las miembros del Comité sirven por el término de dos años y éstos son renovables. Cada miembro trae una contribución especial y única. Kristine Zafrani Averilla es Educadora del Programa Pre-Natal a Tres y ella combina sus presentaciones con información acerca de las dinámicas del abuso doméstico. Lina Susbilla es una mujer de negocios que hace donaciones florales y da visibilidad a CORA, exponiendo posters de la agencia en eventos comunitarios Filipino Americanos. Jojo Liangco es una abogada al servicio público que da consultas gratis a clientes de CORA. Nerissa Fernandez, manager de la Red de Medios de Comunicación Internacional ABS-CBN, conecta a la agencia con medios de prensa Filipino Americanos. Yumi Querubin, oficial de la Policía de Berkeley, escribe comunicados de prensa sobre nuestro trabajo.

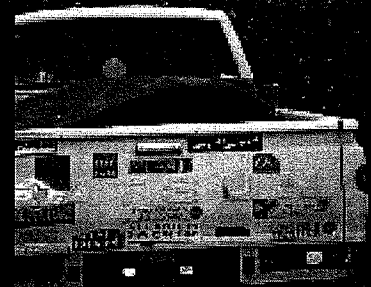
La abogada privada Rachel Puno quien funge como Consejal del Distrito Escolar de la escuela superior Jefferson Union, es nuestro puente con las escuelas de San Mateo. Nellie Hizon es una Asistente Legal en las oficinas Baker and Mackenzie y es nuestra conexión con el Departamento de Asuntos Etnicos de la Arquidiócesis de San Francisco. Teresa Ferrer Guingona que esta en la actualidad trabajando en un doctorado en Psicología, fue recientemente juramentada como miembro de la Comisión de Parques y Recreación de San Mateo. La Dra. Jei Africa es la Directora de los Servicios a la Comunidad de CORA y es la persona encargada a fomentar la sensibilidad cultural en CORA.

El trabajo del Comité de Acción se ve complementado por las alianzas y colaboraciones que se han formado con los medios de comunicación y otros sectores. Cada semana por ejemplo, el periódico Pinoy Today publica anuncios gratis para dar a conocer los servicios de CORA. Cada mes el Boletín Informativo de Manila, en su columna editorial para el liderazgo de la Mujer "Unbound", publica los teléfonos de CORA. Las organizaciones como: la Asociación de Mujeres Universitarias Filipinas y la UST Thomasians contribuyen a nuestros eventos también. El Consulado de las Filipinas tiene en su sala y en las areas más visibles, posters y materiales informativos de CORA: de igual forma el personal refiere a personas a nuestra agencia.

CORA "ha definitivamente provisto su inspiración y apoyo para nuestra misión de promover el bienestar de la Comunidad Filipina" dijo la Cónsul General Rowena Mendoza Sanchez, acerca del Comité de Acción. "Nosotros nos hemos beneficiados del conocimiento y la generosidad de la información que han compartido con nosotros."

Wish List

Bath Towels
Toilet Paper
Hand & Body Lotion
Dishwashing Soap
Paper Towels
Strollers
Umbrellas
Diapers - Sizes 3, 4, 5
Safeway Gift Cards



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Donate your car and help abused families get on the road to a safer future.

For more information, call Janet at (650)652-0800, x113

What will you be remembered for?

Just include CORA in your Will with a simple statement such as: "I give, devise and bequeath to CORA, a nonprofit organization, Tax ID# 94-2481188, ___% of my estate." With one simple sentence, you can leave a life-saving legacy! Call Janet at (650) 652-0800, x113 for more information.

DONATE ONLINE! Log into our secure site at www.corasupport.org where you can also find the latest updates from CORA.



2004-2005 ANNUAL REPORT

CORA Has An Inspiring Year

The word "inspire" literally means "to breathe life into". During fiscal year 2004-2005, CORA staff and board were inspired time and again by the generosity of our donors and funders. These contributions in turn helped us to inspire our clients, which in turn helped them to inspire their families to live free from violence. The impact of this civic mindedness was felt by many.

From creating a \$1.5 million endowment from a generous bequest to tripling our transitional housing space to hiring our first Director of Programs, Lisa de Geneste, and a new Clinical/Client Services Director, Dr. Jei Africa, I hope you'll agree this year's activities are inspiring.

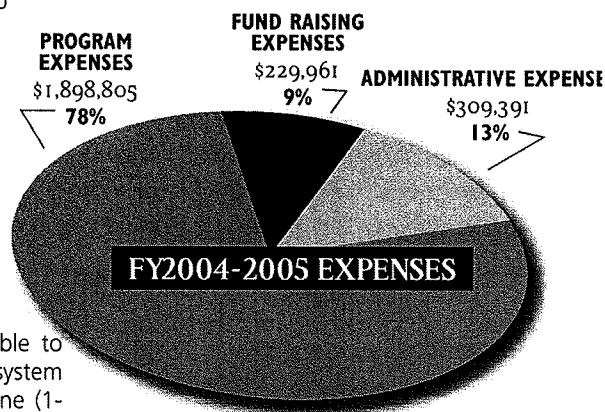
Housing Program:

During the 2004-2005 fiscal year, CORA offered emergency housing, case management, peer counseling, support groups, food, clothing and household establishment to 102 victims of domestic violence and their children. Eighty-one percent of clients exited the shelter program to either transitional or permanent housing. We provided transitional housing to 17 women and 23 children, the most to date. The Housing Program also experienced phenomenal growth this past fiscal year. We were able to expand our transitional program partnering with Shelter Network, a local homeless service provider, to sub-lease eight apartments at one of their sites. CORA's transitional housing clients now have access to onsite childcare, a life skills program, individual and group counseling, and a food pantry. With this expansion, we were able to close down our smaller transitional housing unit, which now serves as administrative office space for shelter staff and community space for clients, including a children's room. Prior to this move, CORA's shelter office was occupying a residential unit at the shelter. With a move to the old

transitional unit, we were able to open up more beds at the shelter. This increased our capacity to shelter clients by 25%. The Housing Program also increased its capacity to provide more services to Spanish-speaking clients by increasing the department staff from one of four bilingual counselors to three of five.

Client Support Services Program:

This past fiscal year, CORA was able to enhance our front-line support system comprised of a 24-hour crisis hotline (1-800-300-1080), crisis intervention counseling, peer support groups, and counseling in local neighborhoods through the En Tu Comunidad Program. To increase the quality of care to county residents, we merged two former independent hotlines making it easier for clients to obtain the support and information they need, in both English and Spanish. We also increased the number of peer support groups offered, including two groups in Spanish, one in Tagalog, and one group for English speakers. For the fiscal year 2004-2005, we received 4,529 calls to our crisis hotline, provided clients with 925 crisis intervention counseling sessions, and served domestic violence survivors through 1,428 support group sessions.

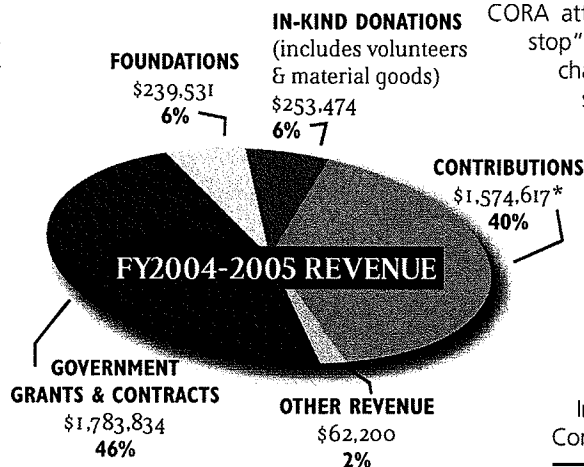


Legal Program:

CORA's Legal Program continued to provide legal assistance to domestic violence survivors through a Legal Information Line, direct representation in court proceedings, and advocacy with law enforcement and social service agencies. Our Legal Information Line offers immediate access to experienced and sensitive attorneys who provide information, support, and referrals. In the last fiscal year, our legal staff provided 150 restraining orders, more than 150 court accompaniments, and answered over 1,200 calls on our Legal Information Line, (650) 259-1855. The challenges facing victims are not limited to legal proceedings. Domestic violence creates numerous other obstacles, including housing, employment, immigration, child care, and financial burdens. CORA attorneys often serve as a "one-stop" resource for clients facing these challenges, referring clients to other service agencies, and helping them navigate these agencies to access the services they and their children need to move forward on a safe, healthy path. CORA's legal services are free and confidential, and are available in Spanish and English.

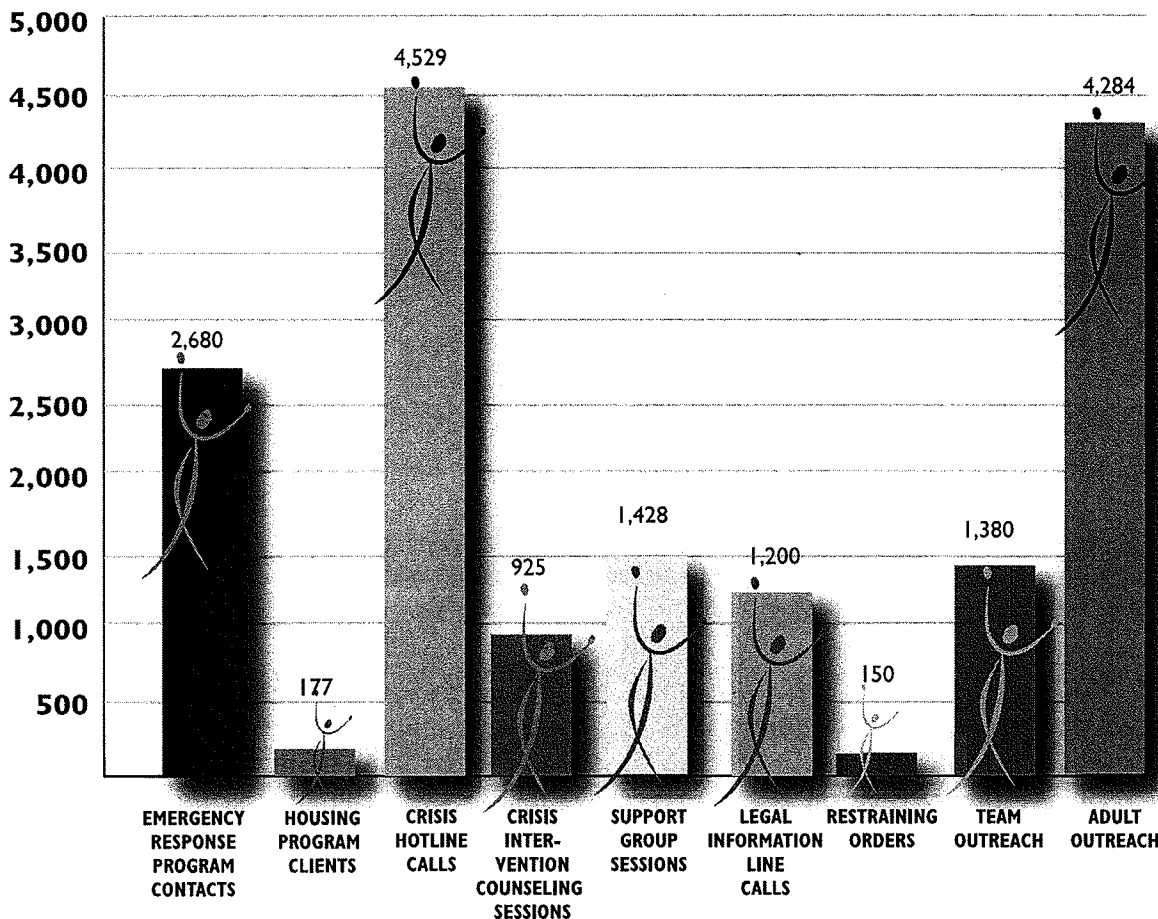
Community Outreach:

In the 2004-2005 fiscal year, the Community Education team provided

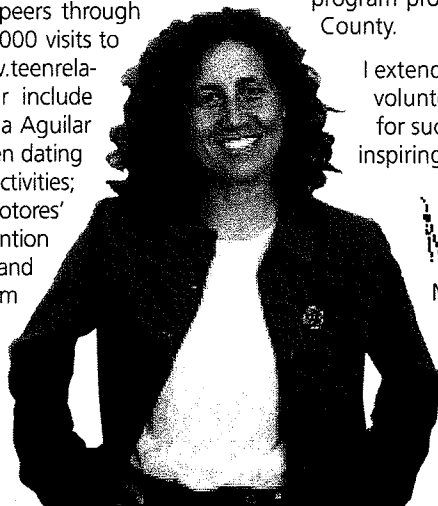


* Includes bequest of \$1,259,943 which was designated as an endowment by CORA's Board of Directors

2004-2005 Clients Served



training on the dynamics of dating and domestic violence and related issues to 1,382 adult community members including social and health service providers; law enforcement; college students and parents; as well as training to 1,380 teens at 12 high schools, six court and community schools and two social service organizations serving youth. All other outreach, including tabling and other events, reached over 3,000 community members. In teen outreach, we served 21 youth at Community School North, 38 young women at Hillcrest Juvenile Hall and 60 young men at Camp Glenwood through our extended eight to fifteen week violence prevention groups. Teen interns and volunteers provided support to teen peers through 277 chatroom contacts and over 100,000 visits to our teen website were recorded (www.teenrelationships.org). Highlights for the year include the hiring of two teen interns, Marcella Aguilar and Vince Pellegrini, to support our teen dating violence workshops and marketing activities; Rhina Ramos' presentation of the Promotores' model at the Family Violence Prevention Fund's National Health Conference; and Cherie Querol Moreno and the FilAm Taskforce's breakthrough training at the Philippine Consulate.



Emergency Response Program (ERP):

The Emergency Response Program is a collaboration with San Mateo County law enforcement to provide phone counseling during or immediately following 911 domestic disturbance calls. When responding to the scene of a 911 domestic violence call, police offer the victim the opportunity to speak to a CORA counselor. Our specially trained ERP counselors speak with the victim and inform them about the cycle of violence, its impact on children and about CORA's individual and group counseling, shelter and legal services. During the 2004-2005 fiscal year, the program provided services to 2,680 residents of San Mateo County.

I extend my sincere thanks to the hardworking staff and volunteers of CORA, and to you—our supporters—for such an amazing year. I look forward to many more inspiring moments in the year ahead!

Melissa Lukin

Melissa Lukin
Executive Director





2nd Annual

A Mother's Day with Heart A Breakfast

Celebrating mothers and all nurturers
who promote healthy families and homes

Don't miss CORA's second annual event, "A Mother's Day with Heart", on May 12, 2006, from 7:00 - 9:00 a.m.! This breakfast event is designed to generate much-needed support to help mend the hearts of victims in our community, while honoring mothers and nurturers who promote healthy families and homes free from abuse. The breakfast will be held at the Crowne Plaza Hotel in Foster City from 7:00 a.m. to 9:00 a.m. Register now to reserve your tickets - seating is limited!



*Sponsors**

Our sincere gratitude goes to the following Mother's Day with Heart sponsors:

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of Realtors

Heart Warming (\$2,500)

Borel Private Bank & Trust Company
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organization _____
contact name _____
title _____
address _____
city _____ state _____ zip _____
phone _____ fax _____
email _____

Guest Names:	Mark for Vegetarian Meal
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

* For tables at the Heart of Gold, Big Hearted, Open Hearted and Heart Warming levels, please include a total of 10 names.

Table Reservations

- **Heart of Gold - \$25,000:** Opportunity to speak and announced recognition at event, premier logo placement in program and newsletter, inclusion in press releases and ads, table of 10.
- **Big Hearted - \$10,000:** announced recognition at event, prominent logo placement in program and newsletter, inclusion in press releases and ads, table of 10.
- **Open Hearted - \$5,000:** announced recognition at event, significant logo placement in program and newsletter, inclusion in press releases and ads, table of 10.
- **Heart Warming - \$2,500:** announced recognition at event, logo placement in program and newsletter, inclusion in press releases and ads, table of 10.
- **Heart to Heart - \$1,000:** listing in program and newsletter, inclusion in press releases and ads, table of eight.
- **From the Heart - \$500:** listing in program and newsletter, inclusion in press releases and ads, four event seats.

Tickets:

I wish to reserve _____ individual seats
_____ # of people at \$50 per person (basic ticket price)
_____ I cannot attend but wish to contribute \$ _____.

Payment Method

<input type="checkbox"/> Check	Name on Credit Card _____
<input type="checkbox"/> Visa	Account Number _____
<input type="checkbox"/> MasterCard	Expiration Date _____
	Signature _____

Make checks payable to CORA. Donations over \$22 are tax-deductible under tax ID number 94-2481188.

All tickets held at the door.

Questions? Call JANET SUSSMAN at (650) 652-0800, x 113.

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Community Overcoming Relationship Abuse

CORA spondence spondencia

Volume 1, No. 2, Spring, 2007

La Expansi n del Programa de Servicios de CORA

Por Patty Del Castillo y Dolores Galindo

El departamento de servicios de CORA ha ampliado sus servicios y aumentado su número de personal para atender mejor a las necesidades que se acrecientan cada día en nuestra comunidad. Entre los servicios que ofrece este departamento tan esencial de CORA esta: nuestra **línea de apoyo de 24 horas al día** que es la puerta de entrada para muchos de nuestros otros programas.

Nuestro Programa de Servicios de Apoyo para nuestros clientes ofrece **consejería y grupos de apoyo** en Inglés, Español y Tagalog. **Nuestro programa de consejería** brinda tres a seis sesiones gratis para adultos y adolescentes sobrevivientes de la violencia doméstica. También ofrecemos consejería **de intervención inmediata** en momentos de crisis para las sobrevivientes. Nuestro departamento también consta de cuatro **grupos de apoyo** que se reúnen semanal-mente, estos grupos están divididos de la siguiente forma: dos grupos en Español, un grupo en el idioma Tagalog y un grupo para personas que solo hablan Inglés. Finalmente, este programa ofrece actividades para las niñas de nuestros clientes mientras ellas reciben nuestros servicios.

Este departamento de CORA también incluye al **Programa de Respuesta de Emergencia (ERP)**. CORA y su colaboración con los departamentos de policía locales están tratando de intervenir a tiempo en el ciclo de la violencia doméstica proveyendo consejería en el momento que entra una llamada por una disputa familiar: ERP consta de un equipo de consejeras que informan a las víctimas acerca del ciclo de la violencia, el impacto que tiene en las niñas y acerca de nuestros servicios. Las consejeras de ERP hablan con los jovencitos de edades de 13 hasta 20 que fueron testigos del abuso doméstico acerca de su seguridad y sus opciones.

Conozca al personal de nuestro departamento de servicios en CORA:

La Doctora Jei Africa es la Directora de este departamento. La Dra. Africa se unió al equipo de CORA en el 2005, sin embargo ella ya estaba familiarizada con el trabajo de nuestra organización por su participación con el grupo de acción comunitaria "Kumares" que hace alcance a la comunidad Filipino Americana. La Dra. Africa es una psicóloga certificada y especialista en abuso de sustancias químicas. La Dra. Africa tiene años de experiencia como terapeuta, educadora y

continuación a la página 2

CORA's Client Services Program Expands!

By Patty Del Castillo and Dolores Galindo

CORA's Client Services Department has expanded its services and increased its staff to better serve the growing needs of our community. This integral department offers several distinct services to our clients, including the "gateway" to all CORA programs, the **24-Hour Crisis Hotline**.

Our Clients Support Services Program also offers **Counseling and Support Groups** in Spanish, English and Tagalog. **Our Counseling Program** offers three to six free peer counseling sessions for adult and teen survivors of domestic violence. We also offer **crisis intervention counseling** sessions to survivors who are in immediate need of support. We offer four weekly **peer support groups**, including two groups in Spanish, one in Tagalog, and one group for English speakers. We offer activities for children while clients receive counseling services.



Standing: Marisol Reyna, Martha Figueroa, Victoria Dorn, Evelyn Quinteros, Patty Del Castillo, Jennifer Jimenez **Sitting:** Nuria Perez, Giannina Barajas, Candice Yu Simon, Dr. Jei Africa **Not Pictured:** Dolores Galindo, Lorena Melgham, Patty Melara, Mirtha Soto

CORA's Client Services Department is also made up of the **Emergency Response Program (ERP)**, CORA's partnership with local Law Enforcement aimed at intervening in the cycle of violence by providing on-the-scene counseling and support during 911 domestic violence-related calls. ERP advocates inform victims about the cycle of violence, its impact on children and CORA's services. Advocates also speak to teen witnesses, between the ages of 13 to 20, about safety issues and options.

Meet the Client Services Staff:

Dr. Jei Africa is CORA's Clinical Director.

Dr. Africa joined CORA in 2005 already familiar with and active in assisting CORA's volunteer Filipino American Task Force, Kumares. A licensed clinical psychologist and a certified substance abuse specialist, Jei has years of experience as a clinician, educator, trainer and consultant. When not at CORA, Jei teaches a class on developing cultural awareness to graduate psychology students and writes a monthly mental health column with the Manila Bulletin.

San Francisco native **Giannina Barajas** joined the ERP Program three years ago as a Bilingual Counselor/Advocate. Prior to working at CORA, she was a Community Health Worker for the Homeless Prenatal Program. Giannina loves dancing, camping and barbecuing. Her dream is to one day meet her idol, Oprah Winfrey.

continued on page 3



CORA'S MISSION to to end domestic violence and abuse in San Mateo County through intervention and prevention. We provide comprehensive services to end the inter-generational cycle of domestic abuse.

1100 Bay Street, San Mateo, CA 94401 • Tel: 650.593.4000 • Fax: 650.593.4001 • Email: info@cora.org • Website: www.cora.org

CORA GOES INTERNATIONAL

The CORA Kumares/Kumpares — our Filipino American outreach team — recently received the 2006 Philippine Presidential Award for Filipino Individuals and Organizations Overseas from President Gloria Macapagal Arroyo. This prestigious award ceremony took place in Malacanang, the presidential palace in Manila. CORA Community Outreach Coordinator, Cherie Querol Moreno, Kumares incoming co-secretary Erlinda Galeon and senior volunteer Rosario Querol accepted the honor on behalf of the group. Equally honored, but unable to travel to Manila are the other members of the of this vital CORA outreach team. They are Alice Bulos, honorary chair; Bettina Santos Yap, president; Kristine Zafrani Averilla, vice president; Christine Padilla, co-secretary; Nellie Hizon, treasurer; and members Dr. Jei Africa; Nerissa Fernandez; Teresa Guingona Ferrer; Sarah Jane Illumin; Jennifer

Jimenez; Jojo Liangco, Esq.; Edna Murray; Rachel Puno Juliana, Esq.; Yumi Querubin; and Lina Susbilla.



President Gloria Macapagal Arroyo, Cherie Querol Moreno, Erlinda Galeon, Cherie's mother, Rosario Querol

President Arroyo lauded the Kumares and 47 other Filipinos from 20 countries for "uplifting the human condition...advocating the cause of Filipinos around the world and bringing pride and honor to the Philippines by...pursuit of excellence." The Kumares received the Kaanib ng Bayan Award for "admirable humanitarian services in promoting the welfare of Filipino Americans and empowering them to end domestic violence and abuse."

While in Manila, Cherie and Erlinda were asked to facilitate domestic violence prevention and intervention trainings for 100 people at the Commission on Filipinos Overseas and the Centro Escolar University. And they did not disappoint their audience, bringing

their CORA domestic violence tool kit, flip charts, and expertise with them wherever they taught. The Kumares/Kumpares are in talks to continue trainings with the staff of the Philippine consulate in San Francisco. Consul General Rowena Mendoza Sanchez nominated the group for the biennial honors they received.

"CORA holds the work that we do in the Filipino community, and in all communities that we serve, in very high esteem," CORA Director of Programs, Lisa de Geneste said. "We are extremely proud of our Kumares and what they represent in the community. Each Kumare brings something special and irreplaceable and each one represents possibility and hope for battered Filipinas. They spread the word that abuse will not be tolerated and a battered Filipina does not have to be alone."

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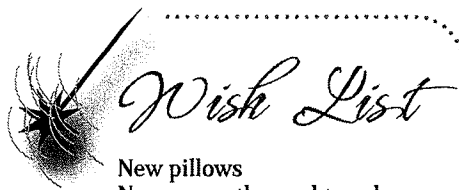
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La Expansi n del Programa de Servicios de CORA

continuaci n de la p gina 1

consultante. En su trabajo fuera de CORA, la Dra. Africa ense a una clase sobre como desarrollar sensibilidad cultural a estudiantes de psicolog a. Tambi n escribe una columna mensual sobre salud mental en el peri dico "Manila Bulletin."

Giannina Barajas es originaria de San Francisco y se integró al equipo de ERP hace tres a os como Consejera Biling üe. Antes de llegar a CORA, Giannina trabajo para un programa prenatal para desamparadas. A Giannina le encanta bailar, acampar y tener barbacoas. Su sue o es conocer a la presentadora de televisi n Oprah Winfrey quien es su idolo.

Patty Del Castillo ha estado en CORA desde 1998, inició como consejera voluntaria de nuestra l nea de apoyo. En el 2001, ella fue contratada com o Consejera Biling üe en nuestro programa de ERP. Antes de unirse al equipo de CORA, Patty trabajo para el Fondo Global para Mujeres. Ella nació en Lima, Per ú y es la orgullosa madre de tres hijas.

Victoria Dorn es una miembro reciente del equipo de CORA. Es Manager Biling üe de casos para el departamento de servicios. Ella tiene una licenciatura en historia y estudios medievales de la Universidad de Berkeley. Victoria ha trabajado y tambi n ha sido voluntaria para varias organizaciones sin fines lucrativos, entre estas tenemos: La Cruz Roja Americana, La Sociedad de Asistencia Legal y el Centro de Servicios para Traumas por Violaci n Sexual. Ella sue a con convertirse en una abogada para defender a personas de bajos ingresos especialmente ni as y mujeres.

Hace 12 a os, **Martha Figueroa** tomó una clase sobre violencia doméstica como requerimiento de su segunda licenciatura. A raíz de esta clase, Martha se intereso en el campo de la prevenci n del abuso doméstico. Muy pronto despu s de esto, ella comenzó su carrera como Consejera Biling üe para nuestro programa de ERP. Ella es la orgullosa madre de dos hijos adultos y un bebe.

Dolores Galindo desarrollo un fuerte deseo de ayudar a victimas de abuso doméstico y a sus hijas cuando fungía como voluntaria. Dolores pronto se convirtió en una Especialista de Apoyo a Sobrevivientes del departamento de servicios de CORA. Ella es originaria de San Francisco, esta casada y tiene 4 hijas, y esta muy orgullosa de ser abuelita. Dolores desea continuar su contribuci n personal a su comunidad ayudando a otras a sobrepasar su dolor.

Jennifer Jimenez llegó a CORA el a o pasado como Especialista de Apoyo a Sobrevivientes. Jennifer es originaria de San Francisco, y recibió su licenciatura en psicología de la Universidad de California en Davis, y su maestría de La Universidad de California del Area de la Bahía. Ella supo del trabajo de CORA a trav s del Refugio para Mujeres Asiáticas. En el presente, Jennifer esta trabajando para lograr su meta de obtener su licencia como terapeuta matrimonial y de familias. Jennifer adora a su perrito Henry.

Patty Melara ha estado con CORA por tres años, comenzó su conexión con CORA como Promotora Comunitaria. En el presente es facilitadora de uno de los grupos de apoyo en Español. Ella disfruta su trabajo con CORA porque sabe que servicios así no están disponibles en su tierra natal El Salvador. A ella le gusta trabajar con la comunidad Latina y dar información acerca de CORA.

Lorena Melghem comenzó a trabajar en CORA en Junio 2006. Ella cubre las llamadas que se generan los fines de semana en nuestro programa ERP. Además de CORA, Lorena trabaja como Asistente Ejecutiva del Jefe de Policía de Parques de Menlo Park. En su tiempo libre, Lorena disfruta pasar tiempo con su sobrina y su hermana.

CORA recientemente recibió a **Marisol Reyna** como la nueva Directora del Programa de Servicios. Marisol es nueva en el área de bahía pero no es nueva en el campo de la educación para combatir la violencia doméstica y su prevención. Marisol es originaria de Panamá y nativa de la tribu Ngobe Bugle. Ella es la autora y diseñadora de un programa nacional sirviendo a víctimas de violencia doméstica en Panamá. Marisol se encuentra terminando sus estudios de maestría en psicología matrimonial y de familias en La Universidad New College de California.

Nuria Perez se unió al equipo de CORA en Diciembre del 2006 como Coordinadora de Actividades Infantiles. Ella llegó a CORA a través del programa de consejería en su escuela superior en Daly City. Nuria disfruta trabajar con un grupo tan apasionado como ella en el campo de la violencia doméstica y el efecto en las niñas.

Evelyn Quinteros comenzó su carrera con CORA siendo miembro de nuestro Programa de Promotores Comunitarios. Evelyn trae a su posición como Especialista de Apoyo a Sobrevivientes su propia experiencia como víctima de Violencia Doméstica. Ella es originaria de Guatemala y estudio en los EEUU. Las metas de Evelyn es llegar a tener su casa propia y estudiar para ser psicóloga.

Mirtha Soto sobrevivió al abuso doméstico y desde su experiencia quiere ayudar a su comunidad a confrontar normas culturales acerca de la violencia en el hogar. Su oportunidad de hacer esta misión se presentó cuando CORA le contrató como personal para asistir la línea de apoyo en el 2005. Ella nació en Buenos Aires, Argentina, ella es multilingüe porque habla 4 idiomas, y esta muy orgullosa de sus hijas.

Candice Yu Simon nació en Korea del Sur y recibió su licenciatura en trabajo social de la Universidad de Berkeley, y se encuentra terminando estudios de maestría. Ella ha trabajado como voluntaria en diferentes organizaciones sin fines lucrativos entre las que están: Casa Esperanza, Caridades Católicas y una oficina legal especializada en derecho de familia. Ella comenzó en CORA como voluntaria, en el presente trabaja como facilitadora de uno de nuestros grupos de apoyo.

CORA's Client Services Program Expands!

continued from page 1

Patty Del Castillo has been with CORA since 1998, initially a Crisis Hot-line volunteer. In 2001, she was hired as a Bilingual Counselor/Advocate for the Emergency Response Program. Prior to coming to CORA, Patty worked with the Global Fund for Women. She was born and raised in Lima, Peru and is the proud mother of three children.

Victoria Dorn recently joined CORA as a Bilingual Case Manager. She holds a B.A. in History and a minor in Medieval Studies from U.C. Berkeley. Victoria has worked and volunteered at several non-profits, including the American Red Cross, the Legal Aid Society, and Rape Trauma Services. She hopes to become an attorney/advocate for low-income and under-represented women and children.

Twelve years ago **Martha Figueroa** took a class on domestic violence as a requirement of earning her second Bachelors degree. As a result, she became interested in the field of domestic violence prevention. Soon after, Martha began her career at CORA as a Bilingual Counselor and Advocate for ERP. She is the proud mother of two adult children and a baby boy.

As a volunteer, **Dolores Galindo** developed a strong desire to help domestic violence survivors and their children, soon after she became a CORA Client Support Specialist. She is a San Francisco native, married with four adult children, and is a proud grandmother. She hopes to continue to make a personal contribution to her community by helping to transcend human suffering.

Jennifer Jimenez joined CORA as a Client Support Specialist last year. Jennifer is a native San Franciscan, received her B.A. in psychology from U.C. Davis, and her M.S. from CSU-East Bay. She became aware of CORA while volunteering at the Asian Women's Shelter. She is currently working toward her goal of becoming a licensed Marriage and Family Therapist. Jennifer loves her dachshund, Henry.

Patty Melara has been with CORA for over three years, originally as a volunteer and now as a Facilitator for our Spanish-speaking support group. She enjoys working with CORA as domestic violence services are not readily available in her native El Salvador. She enjoys working with Latinos and informing the community about CORA.

Lorena Melghem began working at CORA in June 2006. She provides coverage on the weekends for our Emergency Response Program. Outside of CORA, she works as the Executive Assistant to the Menlo Park Police Chief. She enjoys spending her free time with her niece and sister.

Nuria Perez joined CORA in December 2006 as a Children's Activities Coordinator. She came to CORA through the peer counseling program she participated in at her Daly City high school. She enjoys working with a supportive group of people who feel as passionately as she does about domestic violence and the effects it has on children.

Evelyn Quinteros began her CORA career as a member of our Promoters Volunteer Program. Evelyn brings her personal knowledge and experience as a domestic violence survivor to her Client Support Specialist position. She was born in Guatemala City and was educated there and in the U.S. Evelyn's goals are to own a home and to study to become a psychologist.

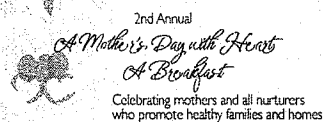
CORA recently welcomed **Marisol Reyna** as our new Director of Client Services. Marisol may be new to the Bay Area but she is not a stranger to the domestic violence education and intervention movement. Panamanian by nationality and of Indigenous Ngobe Bugle lineage, Marisol has authored, designed and implemented national domestic violence programs in Panama serving battered women. She is currently attending the New College of California Graduate School of Psychology and will soon earn her MFT.

As a Latina domestic violence survivor, **Mirtha Soto** wanted to assist her community challenging cultural norms about domestic violence. Her opportunity came when CORA hired her to answer Spanish Crisis Hotline calls in 2005. Born in Buenos Aires, she is multilingual, speaking four languages. She is very proud of her two adult daughters.

Candice Yu Simon was born in South Korea and received her B.A. in Social Welfare from U.C. Berkeley, and is in the process of obtaining her masters degree. She has worked and volunteered at several non-profits, including Hope House, Catholic Charities, and a family law office. Originally a CORA volunteer, she currently facilitates one of our English speaking support groups.



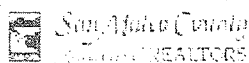
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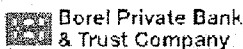
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The Passing of a Giant



Former CORA Board Chair,
Susan Ferren and Barbara
Hammerman after completing
the 2004 Human Race

We are sad to announce that Lt. Barbara Hammerman, a beloved former CORA Board Member, passed away on December 31, 2006.

Barbara was as an extremely well respected member of the San Mateo Police Department for 21 years. She was an exceptional individual and

public servant who fearlessly blazed a path for those that would follow in her footsteps. Barbara was the first openly gay officer in San Mateo, the first female sergeant, the first female lieutenant, and the first female motorcycle officer. She had a long history of serving CORA, from the early days, Barbara served on the Board of Directors of what was Battered Women's Services (CORA's original name) and then the Center for Domestic Violence Prevention from 1993-96. She was a tireless advocate for survivors and for training law enforcement on the complex dynamics of domestic violence. She helped initiate what is now our Emergency Response Program, and served on CORA's board in 2004.

Barbara was an extraordinarily committed, inspiring and engaged board member and, in many ways CORA's guardian angel during our first year as a newly combined agency. At her second board meeting, she invited fellow board members to run with her in the Human Race, and together they garnered a record total in pledges for the event in the agency's history. And, when a batterer harassed the agency staff for weeks in search of his partner, we turned to Barbara for help. She traced the onslaught of threatening phone calls to Sacramento and coordinated the Sacramento Police Department to issue a re-straining order on behalf of the entire agency. It was a tense time for CORA and our client and we will forever be grateful for her assistance in securing our safety. Three days after this event we learned that she was diagnosed with a brain tumor.

For those who had the good fortune to know her, Barbara was a life force to be reckoned with. Helping victims of domestic violence was a personal and professional cause close to her heart and, as such, she was the best ally to victims and advocates anyone could wish for. Her upbeat, can-do approach to life's challenges and commitment to justice was unbridled. Her impact on CORA in its various stages of evolution is beyond measure.

She battled her illness for two and a half years with the same determination with which she lived the rest of her life. She will be sorely missed by a countless number of people whose lives she touched.



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OUR HEARTFELT GRATITUDE...

Over the last several years the Law Offices of Cotchett, Pitre, Simon & McCarthy have been consistent and loyal financial supporters of CORA. Last year their generosity was simply overwhelming, they donated over \$400,000 in cy prés funds to CORA!

Cy prés funds typically result from class action lawsuits when it is either impossible or impractical to distribute the funds directly to the individuals who were injured. In those situations, the court may order that the funds be used for grants to benefit the class members indirectly or as nearly as possible in order to remedy or compensate for the harm to the class members. The Law Offices of Cotchett, Pitre, Simon & McCarthy helped direct these funds to CORA.

The Law Offices of Cotchett, Pitre, Simon & McCarthy are among CORA's most steadfast and loyal donors, not only for their cy prés gift, but for their ongoing support of our work, and for often offering us gratis legal advice.

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Donate your car and help abused families get on the road to a safer future.

For more information, call Janet at (650) 777-9868.

All-A-Board!

In 2006 CORA's Board of Directors voted in the following five outstanding new members:

Martha Ayala Julio Garcia Serene Williams
Leah Berlanga Wendy Miller

These men and women come from a variety of backgrounds, including education, nonprofit, and private industry. As is true of all of our fourteen dedicated board members, they share a commitment to end domestic violence in our community.

We'd also like to acknowledge those directors who have been re-elected and are now serving consecutive terms:

Naomi Yunker Daniel C. Rave Tom P. Marriscolo
Board Chair Board Treasurer Kim Milligan, Esq.
Marybeth Tahar Elizabeth Hill, Esq. Dr. Jennifer Normoyle
Board Vice Chair Board Secretary Deborah Lee Torres
Kim Wininger

And finally, we extend a heartfelt thank you to the outgoing directors for their commitment and leadership:

JoAnna Caywood Rumana Jabeen Carol Ramsay
Sheralynn Freitas Arron Jiron Michael Tevis
Alejandro Vilchez

Thank you CORA Board members past, present, and future. Because of you the residents of San Mateo County continue to receive exceptional domestic violence prevention and intervention services!





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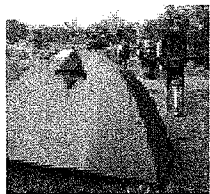
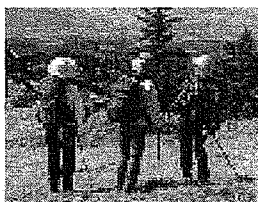
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Yes! I want to Take Steps to End Domestic Violence.

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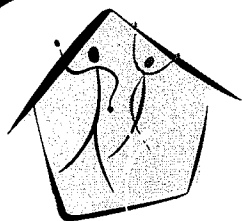
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Volume I, No. 2: Winter/Spring 2008

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IN THIS ISSUE

Nature Heals
Terapia Natural

CORA'S
30th Anniversary
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in Burlingame.

Nature Heals

"I've caught you" were the last words Deborah Kemper's mother heard.

Deborah is an attractive, strong-willed and vibrant woman who looks much younger than her 49 years. Successful, intelligent and actively involved in the San Mateo County community, her demeanor belies her horrifying childhood.

Deborah is a witness to domestic violence. She grew up in Los Angeles in the late 1960's and remembers running to the police department three blocks from her home, begging officers to come to her house to help her mother who was being beaten and emotionally abused by Deborah's stepfather. Deborah would rush to the police station in a panic in the middle of the night in her pajamas and barefoot, pleading for help when her step-father became violent.

To free herself from her abusive husband, Deborah's mother, Larena Clark, had to quit her secure and well-paying job and relocate Deborah and her older brother to another part of Los Angeles County. One day as Deborah and her brother were walking to their new school, their stepfather drove up in front of them, pulled out a weapon and declared: *"This is the gun I'm going to kill your mother with."*

Unfortunately, he was true to his word.

A few days later, Lawrence Clark, Larena's estranged husband, stalked her. He walked into a building behind her and unloaded his gun. The first bullet missed. The second bullet hit a bystander in the leg. The next four bullets riddled Larena's body. She was pronounced dead on the way to the hospital. Larena was 33 years old. Her daughter, Deborah, was seven.

Lawrence Clark spent less than eight years in prison for Larena's murder. He was out of jail for a few years before Deborah found out he had been released. At that time, she was a rebellious teenager and had joined a gang in South Central LA. When Deborah found out Clark was free, she secured a gun from a fellow gang member, stalked Clark's home to see when he left for work and set out to avenge her mother's death. The day she decided to fulfill her plan, she faced the unexpected.



Deborah, her mother, and brother.

Terapia Natural

"Te agarre" eran las ultimas palabras que la madre de Deborah Kemper escuchó.

Deborah es atractiva, fuerte y una mujer dinámica que parece mas joven que los 49 anos cumplidos. Es persona con exito, inteligente y es muy activa y participa en su comunidad en el condado de San Mateo. Su comportamiento no se compara a su horrorosa niñez.

Deborah es un testigo de la violencia doméstica. Ella creció en Los Angeles, en los anos 1960's. Recuerda que a media noche, en su camison y descalza, corría tres calles para la estación de policía, pidiendo a los oficiales que fueran ayudar a su madre, que era victima de golpes físicos y abuso emocional por su padrastro.

Para escapar de su desalmado esposo, la madre de Deborah, Larena Clark dejo un trabajo estable y bien pagado para trasladar a Deborah y su hermano mayor a otra parte del condado de Los Angeles. Un dia cuando Deborah y su hermano caminaban a la escuela nueva, su padrastro manejo frente a ellos, saco una arma y dijo: *"esta es la pistola que usare para matar a tu madre."*

Desafortunadamente, sus palabras fueron verdad.

Días despues, Lawrence Clark, el esposo de Larena la seguía. El caminó detras de ella en direccion a un edificio, y descargó su pistola, la primera bala no le dió, la segunda bala le dió a un transeunte en la pierna y las siguientes cuatro balas acertó el cuerpo de Larena. La pronunciaron muerta camino al hospital. Larena tenía 33 años y Deborah escasamente tenía siete.

Lawrence Clark paso menos de ocho anos en prisión, por la muerte de Larena. Unos anos despues, Deborah descubrió que había sido puesto en libertad. En ese tiempo, Deborah era una joven rebelde y se había juntado con una pandilla en el sur central de Los Angeles. Cuando descubrió que Clark estaba libre, ella consiguió una arma con la ayuda de uno de los miembros de la pandilla. Ella estuvo observando cuando Clark regresaba de su trabajo para tomar venganza, por la muerte de su madre. El dia que ella decidió cumplir su plan, se confronto con lo inesperado: clark salio de su carro, y una senorita atractiva salió de la casa. Deborah estaba furiosa que



CORA'S mission is to end domestic violence and abuse in San Mateo County through intervention and prevention. We provide comprehensive services to end the inter-generational cycle of domestic abuse.

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As Clark walked out to his car, a young attractive woman soon followed him from the house.

Deborah was furious that he apparently had remarried and waited for the woman to move away from him before taking revenge. But before she could pull the trigger, a child just learning to walk moved out from behind Clark's new wife and was picked up by Clark, who showered the toddler with kisses. Deborah realized this was his new family, his new child. As much as she hated Lawrence Clark she could not do to this child what had been done to her. She could not take away this child's parent. She drove away and never saw Lawrence Clark again.

Deborah soon left the gang and attended a local university. In college she met and married a man who was emotionally and physically abusive. The marriage lasted 14 years.

"I lost myself," Deborah says of the relationship. *"The marriage eroded me...I lost my way...lost who I am."*

During her divorce, she sought help at Sojourn Services for Battered Women in Santa Monica. Counselors there helped Deborah realize the full impact of what happened to her mother and to herself in her first marriage. Sojourn helped her see the inter-generational cycle of domestic violence and its impact on the individual, the family, and the community.

"It was a light bulb moment," Deborah says.

Despite the assistance at the Santa Monica agency, Deborah still didn't speak much about what had happened to her mother or during her own abusive marriage. Years passed and Deborah moved to San Mateo County, earning her MBA, developing a successful career in business management (she's currently the Associate Executive Director of the San Mateo County Bar Association) and remarried (*"to a fantastic man"*, she says). Then in the fall of 2007 Deborah joined forces with eight other female members of the San Mateo County Bar Association to participate in CORA's first annual Take a Hike! event. The team called themselves *Law in Motion* and collectively raised over \$17,000 for CORA through generous sponsorships from friends, family, and colleagues.

During the weekend of September 7-9th, 2007 Take a Hike! gave more than 40 volunteers from throughout the Bay Area the opportunity to participate in a three-day adventure in the beautiful mountains of Big Sur. The event brought together hikers of all experience levels and together they raised over \$95,000 for our agency.

On the eve of last year's hike, Deborah called Natasha Guest, CORA's Development Director and Hike Coordinator, to express how *"incredibly healing"* the experience of participating in the event had already been for her. At that moment, Deborah opened up about her painful past and shared the story of her mother and the abuse she experienced in her own first marriage.

That night, Deborah recalls, she decided to be *"silent no more"*.

If you would like to join Deborah and others like her on CORA's 2008 Take a Hike! event (slated for the weekend of September 5th-7th), please call CORA's Development Director and Hike Coordinator, Natasha Guest, at 888-321-CORA.



Deborah Kemper

aparentemente él se había casado otra vez, y espero que la mujer se moviera de la distancia de Clark antes de tomar su venganza. Pero antes que ella apretara el gatillo, un niño principiando a caminar salió detrás de la nueva esposa. Clark recogió al niño y lo cubrió de besos. Deborah realizó que esta era su nueva familia. Con el odio que ella tenía a Lawrence Clark, no podía hacerle a esta creatura lo que le habían hecho a ella años atrás. No podía quitarle a este niño su padre. Ella se fue en su carro y nunca vio a Lawrence Clark otra vez.

Después de este incidente, Deborah se salió de la pandilla y continuó sus estudios en una universidad local. En la universidad ella conoció a un hombre y se casaron. El le pegaba y abusaba emocionalmente de ella y el matrimonio duro 14 años.

Deborah decía, en esta relación, *"me sentía perdida y el matrimonio me dañaba tanto que no sabía quien era."*

Durante su divorcio, encontró ayuda con la agencia Sojourn Services for Battered Women en la ciudad de Santa Monica. Consejeros ayudaron a Deborah a salir del impacto de lo que le había pasado a su madre y lo que ella había pasado en su matrimonio. Los servicios de Sojourn le ayudaron a ver el ciclo de la violencia doméstica y el impacto en personas, la familia, y la comunidad.

"Fue un momento de luz," decía Deborah.

A pesar de que recibió la asistencia de la agencia de Santa Monica, Deborah decidió no hablar de lo que le había pasado a su madre y durante su violento matrimonio. Años pasaron y Deborah se movió al condado de San Mateo, recibió su título en Administración de Negocios, desarrolló una carrera con éxito (es la Directora Ejecutiva de la Asociación de Abogados en el condado de San Mateo) y se va a casar con un "hombre fantástico" dice ella.

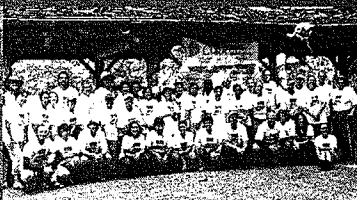
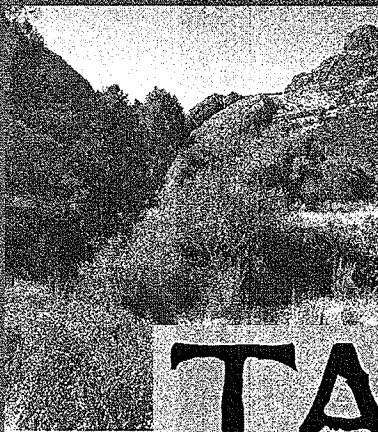
En el verano del 2007 Deborah se unió a ocho mujeres, miembros de la Asociación de Abogados en el condado de San Mateo para participar en la primera "Take a Hike!" evento de CORA. Take a Hike!, es una caminata anual que CORA patrocina. El equipo se dio el nombre "Ley en Movimiento". Collectaron más de \$17,000 para CORA con donaciones generosas de amigos, familiares, y colegas.

Durante el fin de semana del 7 al 9 de Septiembre del 2007 "Take A Hike!" dio a más de 40 voluntarios del Área de la Bahía la oportunidad de participar en una aventura de tres días en las bellas montañas de Big Sur, CA. El evento unió a caminantes de varios niveles y en total se colectó más de \$95,000 para la agencia.

En la víspera de la caminata, Deborah llamó a Natasha Guest, Directora de Fondos y Coordinadora del evento para expresar sus sentimientos que había sido "una terapia increíble" participando en el evento. Durante esta conversación, Deborah le habló de su doloroso pasado y compartió la historia de su madre y el abuso que ella había pasado en su primer matrimonio.

Esa noche, Deborah decidió *"no habrá más silencio"*.

Si quisiera participar con Deborah y otros como ella para la próxima caminata, "Take a Hike 2008!" patrocinado por CORA (el fin de semana del 5 al 7 de Septiembre del 2008), por favor llame a la Directora de Fondos y Coordinadora para CORA, Natasha Guest, a 1-888-321-CORA.



2007 Take a Hike!
Hikers and Volunteers

A TAKE HIKE



CORA Community Overcoming Relationship Abuse

To Help Stop Domestic Violence

**A Three-Day
Hiking Adventure**



**Pinnacles National Monument
September 5-7, 2008**

A Benefit for CORA

To Register or Attend an Orientation visit

www.corasupport.org or call 1-888-321-CORA

These Boots Are Made for Hiking!

Whether you're
an experienced
hiker or a beginner,
sign up today!

Put Your Best Foot Forward

Raise \$1,500 that
really counts, get
in the best shape
of your life, and
empower others who
are recovering from
violence.

We'll Get There Together!

Transportation,
camping gear,
and fundraising
support provided.

CORA's mission
is to end domestic
violence and abuse
through intervention
and prevention.
Each year our staff
and volunteers help
thousands of victims
and witnesses
discover empowerment,
healing, and hope.



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Debbie Appel, Esq.

Legal Program Director

Giannina Barajas

Bilingual Case Manager

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Celebrating Our Past, Building Our Future

WEDNESDAY
JUNE 11, 2008



AT KOHL MANSION
IN BURLINGAME

A Reception and Dinner for our Corporate Partners

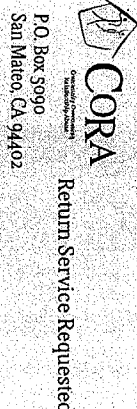
The year 2008 marks CORA's 30th year of providing life-saving services to victims and survivors of domestic violence in San Mateo County. To recognize this anniversary, we're hosting our first-ever gathering of corporate partners at Kohl Mansion in Burlingame on the evening of June 11, 2008.

As a supporter of CORA, please consider having your company sponsor this event. Sponsors will be recognized as leading corporate partners in strengthening our mission to end the cycle of relationship abuse.

Domestic violence doesn't stay at home when its victims go to work.

In the workplace, the effects result in lower productivity, increased sick leave, higher employee turnover, and safety risks. In fact, domestic violence costs the United States over \$5.8 billion each year in direct medical costs and lost productivity. Together we can address the problem of domestic violence on all fronts—in the community at large, in the home, and in the workplace.

To learn more about corporate partnerships and sponsorship opportunities for our 30th Anniversary Event, please contact Carol Ramsay, Event Coordinator: carolr@corasupport.org or 650-948-2718.



P.O. Box 5090
San Mateo, CA 94402

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CORA

Community Overcoming
Relationship Abuse

NEWS

Summer 2009

A Message from the Executive Director

We all know times are tough. News of economic upheaval and uncertainty is everywhere: home foreclosures, bailouts, and skyrocketing unemployment rates. However, the truth is, while the current economic and social climate is more challenging now for all of us, for those living on the edge of safety or at or near the poverty line—like the majority of CORA's clients—it can be devastating.

You may have also heard that violence is up. Calls to domestic-violence hotlines have risen nationally, and more than half of callers say they are struggling financially. Although there is not always a causal relationship between stress and violence, financial stress may fuel an increase in violence in turbulent relationships or ignite violence in others for the first time.

CORA itself has seen a significant increase in calls for assistance. When compared to the same time last year, CORA has seen a 27% increase in the number of referrals from law enforcement and a 20% increase in the proportion of victims calling the hotline in crisis. Law enforcement referrals and hotline calls are the gateway to our emergency shelter; as such, shelter requests have risen dramatically (almost 30%). That's the bad news.

The good news is that CORA is still a safe haven for thousands during this period of insecurity and crisis. We will continue—as we have for over 30 years—to be *the* premier nonprofit agency providing expert guidance on domestic violence issues and services in San Mateo County.

Of course, we are not immune to the recession; we have lost significant state and local funding, yet **we see opportunity in crisis**. And why wouldn't we? It's the approach we use with our clients—opportunity in crisis. So, even as we are pushing against a tougher wind, we are seizing the opportunity to focus our ship squarely on its mission and respond quickly to enhance efficiencies in-house. Toward that end, we have shored

up staffing in areas that provide crisis intervention—**Housing** that provides emergency food, clothing, and shelter; and the **Hotline** to better handle the increase in crisis calls.

CORA's focus has always been mission critical. Reassessing resources and shoring up core programs will reaffirm what we have been, and continue to be—a beacon of hope to the thousands who are brave enough to reach out for help each year.

We are focused on the opportunities presented by this crisis.

CORA *will* continue to offer food, clothing, guidance toward self-sufficiency and a place of refuge. We *will* answer over 3,500 hotline calls annually; we *will* shelter victims; we *will* educate the community about domestic violence; and we *will* provide legal assistance to San Mateo County residents. We *will* continue to do our part to provide the chance of a better life for children that have witnessed abuse in their homes and we *will* interrupt the intergenerational cycle of violence once and for all.

So, even as the global downturn creates hardship for so many, we will continue to offer services to those in need to help them weather their own personal storms.

Now as much as ever, and with the community behind us, we are here for you, your family, and your neighbors. You can count on us.

Sincerely,

Melissa Lukin
Executive Director





CORA Attorney Appointed to Statewide Domestic Violence Coalition

CORA would like to congratulate Jessica Dayton on her election to the Board of Directors of the California Partnership to End Domestic Violence (CPEDV). Jessica also serves as the Regional Representative for the Bay Area domestic violence agencies. CPEDV provides support to California's domestic violence service providers, while also working to educate California's legislators, social service agencies, law enforcement, judicial systems, the media and the public on the issue of domestic abuse.

Jessica has been an integral part of CORA's legal team since 2005. She works tirelessly to represent victims of domestic violence in restraining order, custody and dissolution proceedings. Jessica is active in local and national public policy advocacy through the Public Policy and Research Committee of CPEDV and she actively works to end domestic violence through community outreach and education.

This election is an enormous honor for one of our very own, and those of us at CORA feel better knowing that discussions regarding the wellbeing of domestic violence survivors statewide will have Jessica offering her skills, experience and even-handed demeanor at the table.

Pamilya Natin: Malusog! Mapayapa! Matatag!

On April 18th, CORA celebrated its third annual "Pamilya Natin: Malusog! Mapayapa! Matatag!" (Our Family: Healthy! Peaceful! Solid!) with 100 in attendance.

First staged in 2007, the free seminar is a response to the Catholic leadership's directive to enlighten clergy and lay Church workers on its position on domestic violence.

The event is the extension of an ongoing partnership between CORA and the Philippine Consulate General, the Archdiocese of San Francisco, and Catholic Charities CYO.

Philippine Vice Consul Leah Victoria Rodriguez, St. Matthew associate pastor Mark Reburiano, CORA Board of Directors Chair Naomi Yunker, and abuse survivor Marlene Pinzon were among the esteemed speakers at the event.

CORA Kumares and Kumpares, the agency's Filipino American volunteer educators, presented the dynamics of both healthy and abusive relationships, parenting, and the faith community's responsibility in helping families heal.

"The Church desires to help those who are abused and all those who abuse. The Bishops have asked all dioceses, parishes and organizations to make domestic violence a priority issue," Archbishop of San Francisco George Niederauer said in the statement read by Father Mark Reburiano. "The abused can find in the Church a place to guide them to seek necessary help. Abusers can find in the Church a place to guide them to seek necessary help and conversion."

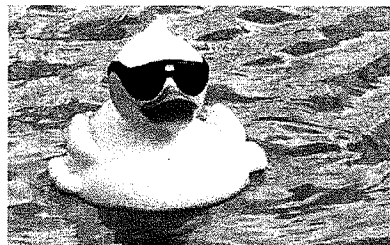
The annual event is held in collaboration with community sponsors Yashi Okita Design, Voltaire V. Yap Photography, Lena's Flowers and Gifts, Philippine News, Philippines Today, Manila Bulletin, Moonstar Restaurant, Seton Medical Center and Kaiser Permanente Medical Center, PAUW-USA and Thomasians USA.

Special thanks to CORA's Cherie Querol Moreno, Community Outreach Coordinator and our wonderful volunteer Kumares and Kumpares for organizing the event!

Spotlight on a Client

Marisa (not her real name) is a CORA client. A little over a month ago, Marisa had disclosed to women in her church that her husband had been emotionally and verbally abusing her since their marriage began and she was afraid that it would soon turn physical. Several women in the group knew about CORA through the agency's faith community outreach program and encouraged Marisa to call. After speaking with a counselor on CORA's hotline, Marisa decided to flee her situation. While at CORA's emergency shelter, she received case management services and referrals to CORA's legal and counseling services. She filed for a restraining order, received support for herself, and secured employment that provides her with income and housing.

The combination of Marisa's motivation and the accessibility of CORA services helped her transition out of her situation quickly and break the cycle of violence. We'd like to honor Marisa for her strength and resolve, and thank *you*—our generous supporters—for giving CORA the means to help her.



Quack, Quack! Adopt a Duck and Help CORA

CORA has been selected as a Duck Buddy in this year's Silicon Valley Duck Race! On Sunday, June 21, 2009, 15,000 numbered (rubber) ducks will race down Vasona Creek in Los Gatos. Each duck will be "adopted" by a donor who is able to designate their donation to their charity of choice—please adopt a duck (or many!) and designate CORA as your duck buddy! Some lucky donors will win prizes, and one might win \$1,000,000! Go to siliconvalleyduckrace.org to adopt a duck on CORA's behalf.

CORA Finds Shelter at The Bottom of the Sky

From time to time, angels walk through your door. Here at CORA, that just happened, not only for us but for those of you who love us and our constituents.

The near collapse of our economy has made fundraising more challenging while, with the added economic and subsequent social pressure on households in our communities, multiplied the number of those suffering from relationship abuse.

In short, we need to serve more people with less money.

A Bay Area author has written a deeply moving and well-crafted debut novel, a family saga about the abuse of power—the power of adults over children, of men over women, of the privileged over the disenfranchised.

It is titled *The Bottom of the Sky*, and it is already getting national attention, though it is not out until June. The settings are rural Montana, Silicon Valley, San Francisco, and Wall Street. We read an advance copy of this novel. Frankly, we were stunned. It is gritty and achingly beautiful, a true tour-de-force.

The author, William C. (Bill) Pack, has arranged for the publisher, Riverbend Publishing, to donate \$8 to our mission for every purchase by CORA supporters. To put

this in perspective, we will receive five times what the author would normally receive in royalties for a bookstore purchase.

We would like you to buy this book.

We hope every adult you know will acquire it the same way. They won't be able to set it down. This is a rare occasion for one to own a first edition treasure—a hardbound volume of raw, gorgeously crafted fiction—and do good in your community... perhaps even save lives... with the simple act of buying a book.

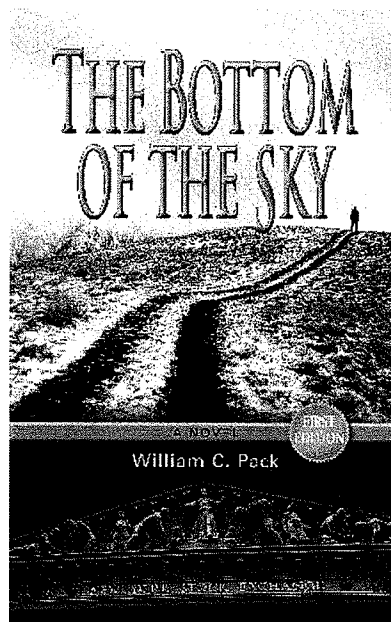
Here's how: In order for CORA to be supported, *The Bottom of the Sky* must be ordered on the publisher's web site, RiverbendPublishing.com. When you type in your mailing address, there is a field asking for corporate affiliation. Simply type "CORA" into that field. Riverbend will mail your hardbound, first edition copy to you and the shipping is free!

(Note: although your order will look as if you are being charged \$5.95 for shipping, this will not happen, as Riverbend will waive the shipping charge on *The Bottom of the Sky* to all CORA supporters.

You will not incur nor see a shipping charge on your receipt.)

At the end of each month, Riverbend will mail CORA a check for **\$8 per book** ordered by you and every other CORA supporter.

In addition to ordering this book, we kindly ask that you do one more thing: tell everyone you know to do the same. Share this newsletter or contact us and we'll send you an email about the book that you can



INVITE YOUR BOOK CLUB TO READ *BOTTOM OF THE SKY*

If you belong to a book club, please consider adding this book to the top of your group's reading list. We promise you won't be disappointed! We may even be able to arrange an evening with the author for your club. Contact CORA's Development Director, Natasha Guest, at 650-652-0800 x 137 for more details.

forward to others with a desire to help our cause.

To learn more about *The Bottom of the Sky* visit Riverbend Publishing's general website (RiverbendPublishing.com) or the book's site at BottomoftheSky.com. However, though you can buy the novel anywhere, please use Riverbend's web site to support CORA.

ABOUT BILL PACK

Born in rural Montana, Bill Pack became emancipated at 15 years old and after working at many odd jobs, rose to become the youngest Divisional Director/Executive Vice President of a major financial firm. After quitting Wall Street, Pack earned acceptance as Stanford University's oldest undergraduate at the time. He graduated Phi Beta Kappa.

The Bottom of the Sky is his first novel and the culmination of a life-long dream realized. CORA cannot thank Bill enough for his immense generosity and dedication to our agency. He has truly become our angel.

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Community Overcoming
Relationship Abuse
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CORA's Second Annual Spring Gala a Huge Success!


CORA hosted its second annual Spring Event and Award Celebration at Kohl Mansion on April 28th. Guests honored Clara Tempongko and Amanda Riddle for their outstanding service and dedication to CORA's mission of ending domestic violence and abuse.

Keynote Speaker Steve Westly shared statistics about the correlation between the need for services such as CORA during a challenging economic time.

The evening was a success thanks to our corporate sponsors, silent and live auction participants and individual donations. Please contact Marla Stein at marlas@corasupport.org to learn more about future special events.

Thanks to all our sponsors for making CORA's Second Annual Spring Event and Award Celebration a success!

\$30,000 Diamond Level

 **Mills-Peninsula Health Services**

A Sutter Health Affiliate

\$5,000 Ruby Level

Genentech

KNAPP & VIOLA
LAW OFFICES

WOMEN'S GIVING CIRCLE

\$2,500 Sapphire Level

Allied Waste Services of San Mateo County
Borel Private Bank and Trust Company
Suzy Cain and Rich Wood
Corey, Luzaich, Pliska, de Ghetaldi and Nastari
Our Daily Grain
Mike and Carol Ramsay
Rotary Club of Burlingame
Wells Fargo

\$1,000 Pearl Level

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Is your partner hurting you?

... it doesn't matter what I say or do."



DOMESTIC VIOLENCE

Don't wait another minute.

Call CORA.

800-300-1080



Community Overcoming
Relationship Abuse

Are you being abused?

10 Questions:

How do I know if I am being abused?

Does your partner:

- ☐ Insult you or call you names?
- ☐ Threaten to hurt you or your loved ones?
- ☐ Hit you, push you, or attack you?
- ☐ Scream or curse at you?
- ☐ Prevent you from seeing friends or family?
- ☐ Control your money?
- ☐ Threaten to take your children from you?
- ☐ Threaten to report you to the authorities (police, CPS, or INS)?
- ☐ Threaten to commit suicide?
- ☐ Force you into having sex?

If you answered "Yes" to any of these questions, you may be in an abusive relationship.



Community Overcoming
Relationship Abuse

24-hour hotline: **800-300-1080**

www.corasupport.org*

*Web site visits can be monitored on a home computer. To ensure privacy, use a computer in a public location such as a library or cafe.

It's not your fault.

It's not easy to admit you're being abused. You may be confused about your feelings. And maybe you think you're to blame.

We want you to know that it's not your fault. And that caring, well-trained people are ready to help. Right now.

There is a way out. It starts with a phone call. Call us at **800-300-1080**, any time, day or night.

You're not alone.

At this very moment, someone is ready to talk to you—someone who understands what you're going through and wants to help you and your family.

All of our services are FREE. Our job is to get you through this difficult time.

What is CORA?

CORA (Community Overcoming Relationship Abuse) is a non-profit organization that helps victims (and witnesses) of domestic violence in San Mateo County.

Our services include:

- 24-hour hotline
- crisis response
- support groups
- legal services
- emergency shelter
- transitional housing
- teen support services

For more information, go to
www.corasupport.org.

¿Te ha lastimado tu pareja?

“...No importa lo que diga o haga.”

VIOLENCIA DOMÉSTICA

No esperes un minuto más.

Llama a CORA.

800-300-1080



Comunidad Superando Relaciones Abusivas



¿Alguien te está abusando?

10 Preguntas:

¿Cómo puedo saber si estoy en una relación abusiva?

Tu pareja:

- ☐ ¿Te insulta?
- ☐ ¿Te amenaza con hacerte daño a ti o a tus seres queridos?
- ☐ ¿Te pega, te empuja, o te agrede físicamente?
- ☐ ¿Te grita o te dice groserías?
- ☐ ¿Te impide ver a tus amigos/as o familiares?
- ☐ ¿Controla tu dinero?
- ☐ ¿Te amenaza con quitarte a tus hijos o hijas?
- ☐ ¿Te amenaza con reportarte a las autoridades (por ejemplo: la policía, la migra, la oficina de protección al menor)?
- ☐ ¿Te amenaza con suicidarse?
- ☐ ¿Te hace tener relaciones sexuales a la fuerza?

Si respondiste “sí” a alguna de estas preguntas, muy posiblemente estás en una relación abusiva.



Comunidad Superando Relaciones Abusivas

Línea directa las 24 horas: **800-300-1080**

www.corasupport.org*

*Las visitas a nuestra página electrónica pueden ser detectadas si usas tu computadora desde casa. Para que estés segura que tu consulta sea privada, te aconsejamos que uses una computadora en un lugar público como una biblioteca o una cafetería cibernética.

No es tu culpa.

Reconocer que estás siendo abusada es un paso difícil. Es posible que te sientas confusa en cuanto a tus sentimientos. Y quizás creas que es tu culpa.

Queremos asegurarte que no es tu culpa. Y que contamos con un personal capacitado y dispuesto a ayudarte—ahora mismo.

Hay una salida a este problema. Una llamada puede ser el primer paso. Llámamos al 1-800-300-1080, a cualquier hora.

Tú no estás sola.

En este mismo momento hay alguien en la línea dispuesta a escucharte—alguien entenderá tu situación y quiere ayudarte a ti y a tu familia.

Todos nuestros servicios son GRATIS. Nuestro trabajo es apoyarte en superar esta etapa tan difícil.

¿Quién es CORA?

CORA (Comunidad Superando Relaciones Abusivas) es una organización sin fines de lucro dedicada a ayudar a las víctimas (y las personas que son testigos) de violencia doméstica en el Condado de San Mateo.

Entre nuestros servicios tenemos:

- una línea de apoyo las 24 horas al día
- apoyo en situaciones de crisis
- grupos de apoyo
- servicios legales
- albergue temporal para emergencias
- vivienda transitoria
- servicios de apoyo para los jóvenes

Nuestro personal capacitado habla inglés, español y tagalog.

Para más información, vaya a nuestra página electrónica: www.corasupport.org